

LYNN COUNCIL ON AGING SENIOR CENTER



March 2014

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Eat Healthy Be Healthy *one meal at a time.....*

Join us in celebrating March as **National Nutrition Month**. We are excited to share this month with you and celebrate our Food Service Program. March will be a month featuring Nutrition Programs that will get you started on our **Be Healthy Eat Healthy Campaign**.

Through our partnership with City Fresh Foods we have been able to offer you the best and freshest foods. City Fresh Foods is not only committed to delicious food but making meals that are extremely nutritious for you too!

Our and City Fresh's goal is to deliver health to the communities we serve, one meal at a time.

City Fresh uses only the best ingredients for their clients such as whole grains, fresh fruits and vegetables, lean protein, and low sodium products. Many of the fruits and vegetables are from local farms, including City Fresh's farm, City Growers. City Fresh has a specialty baker, making bread and rolls fresh daily using whole grains and no preservatives.

Eating healthy is a choice and we are excited you are a part of the Be Healthy Eat Healthy Campaign.

So let's get started with some healthy facts;

- Did you know bananas are nature's antacid and help against stomach ulcers?
- Ever wonder why they say "eating an apple a day keeps the doctor away"? Red apples contain an antioxidant that helps to boost your immune system.
- Whole grains have been shown to reduce blood pressure and are rich in fiber, vitamins, minerals, antioxidants and healthy fats.

During National Nutrition Month, we invite you to join us and City Fresh Foods to participate in our Eat Healthy Be Healthy Campaign!

~Stacey Minchello~

From Your Mayor

As we transition from winter to spring, I hope many of you can get back outside and enjoy the warmer weather.

On March 28, Brit Floyd – a Pink Floyd tribute band – will perform at the Lynn Auditorium. For tickets, please visit www.lynnauditorium.com or call the box office at 781-581-2971. Also this month, Arts After Hours will be putting on Avenue Q, a Tony winner for Best Musical, Best Score and Best Book. Opening night is March 7 and the show will run through March 22. For more information, call 781-205-4010.


This spring, the Lynn Museum – newly reopened after renovations – will feature a special exhibit, "Traffic Jam: Transportation in Lynn Then & Now." The playful exhibit uses transportation to chronicle Lynn's history.

There will be several St. Patrick's Day celebrations taking place throughout the city. The Lynn Housing Authority & Neighborhood Development will host its annual alcohol-free St. Patrick's Day Luncheon, and the Ancient Order of Hibernians will host its annual dinner. Some of you may also want to come out and support the runners participating in the Hibernian 5K St. Patrick's Day Recovery Run on Sunday, March 23.

Be well and happy spring,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers
Edmund Brown
Ernest Carpenter
Albert DiVirgilio
Daniel P. Hanlon
Frank LaMacchia
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Charles Mitchell
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Meets 4th
Wednesday
monthly at
1:30 p.m.

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President
Vice-President
Treasurer
Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

National Nutrition Month Events

- March 5th "Mindful Eating" Free Seminar with light breakfast!
Bus leaves Senior Center promptly @7:15 am
- March 13th "Ask a Dietitian!" 10:45 am
Session starts after the Taking Off Pounds Sensibly Meeting @10 am
- March 19th "Ask a Dietitian!" 12:00 pm
Session starts after the Strength and Balance Exercise Group

MARCH HAPPENINGS

Trip sign-ups begin, Thursday, Feb 27th

Tues, March 4	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
Tues, March 4	Senior Center Gamers Group!	2 p.m. -3 p.m.
Weds, March 5	“Mindful Eating” Light Breakfast Beverly Hospital	7:15 a.m. – 10:30 a.m.
Weds, March 5	FOOD STAMPS OFFICE HOURS	9:00 a.m. – 1:00 p.m.
Thurs, March 6	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Thurs, March 6	PENNY SALE	12pm – 1pm

~Sponsored by the **FRIENDS OF LCOA**~ All proceeds benefit the Lynn Senior Center

Tues, March 11	Blood Sugar <u>AND</u> Blood Pressure Clinic	8:00 a.m. – 9:30 a.m.
“Lucy Booth” Open!	Nurse available for your questions. Large Activity Room	
Tues, March 11	Senior Center Gamers Group!	2 p.m. -3 p.m.
Tues, March 11	Lunch Trip: Mandarin Buffet, Salem \$2	11:00 a.m. – 1:30 p.m.
Mon, March 17	Happy St. Patrick’s Day! Wear your green! Everybody’s Irish today!	
	Traditional Corned Beef Dinner- \$2	10:45 a.m. – 12:00 p.m.
	Blue Notes perform at 11:30 a.m.	
	Free Raffle Basket- Scan your card and receive a raffle ticket!	

Free snacks @ 1:45 pm sponsored by **Jesmond Nursing Home**

Tues, March 18	Senior Center Gamers Group!	2 p.m. -3 p.m.
Thurs, March 20	FOXWOODS CASINO	7am- 6:30 pm
	Prepaid reservation required -\$27	
Fri, March 21	BROWN BAG: BOSTON FOOD BANK	10:00 a.m. – 12:00 p.m.
Mon, March 24	Women’s Group Meeting	10 am – 11 am
Tues, March 25	Hearing Clinic Appointments	9:00 a.m. – 10:00 a.m.
Weds, March 26	Lunch Trip: Cracker Barrel \$2	10:00 a.m. – 2:00 p.m.
Thurs, March 27	FRIENDS OF LCOA meeting	10 a.m. ☺

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MARCH 2014

MONDAY	Tuesday	Wednesday	Thursday	Friday
3 Cheese lasagna/marinara sauce Spinach WW bread Pudding ALTERNATIVE Creole style baked fish, corn meal	4 BBQ pulled pork Seasoned potato wedges Garden salad/dressing Muffin Fresh fruit ALTERNATIVE Baked tomato chili chicken	5 Lemon and garlic chicken Candied yams Green beans WW bread Brownie ALTERNATIVE Macaroni & cheese	6 Baked fish/diced tomatoes Plantains Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Caribbean chicken, plantains	7 Beef stew Beets WW bread Fresh fruit ALTERNATIVE Mediterranean hummus wrap w/vegetables & cheese
10 Roast turkey Florentine Sour cream dill potatoes California blend vegetables WW bread Pudding ALTERNATIVE Tripe stew, white rice	11 American chop suey Garden salad/dressing Italian bread Raspberry spiral cookie ALTERNATIVE Southern style cod filet Plantains	12 Latin style roasted pork/gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit ALTERNATIVE Turkey/creole sauce	13 Chicken cacciatore Rotini pasta Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Stewed beef/corn meal	14 Crispy baked fish Winter squash Cauliflower/red peppers WW bread Fresh fruit ALTERNATIVE Whole grain cheese pizza
17 ST. PATRICK'S DAY SPECIAL Corned beef with cabbage Boiled potatoes Turnips & cabbage WW bread Shamrock cookie	18 Turkey chili Brown rice Garden salad/dressing Cornbread Fresh fruit ALTERNATIVE Stewed goat, brown rice	19 Eggplant parmesan/tomato sauce Penne pasta Carrots WW bread Pudding ALTERNATIVE Caribbean beef tips/yucca	20 Lemon pepper pork Back eyed peas & brown rice Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Turkey/citrus sauce	21 Rosemary chicken Red potatoes Green peas Rye bread Fresh fruit ALTERNATIVE Veggie burger/roll
24 Baked fish/creole sauce Sweet potato wedges Italian blend vegetables WW bread Fruit cocktail ALTERNATIVE Jerk chicken	25 Boeuf bourguignon Veg. rice pilaf Garden salad/dr. Rye bread Fresh fruit ALTERNATIVE BBQ eggplant meatballs	26 Roast turkey/gravy/cran.sauce Whipped potatoes California blend veg. WW bread Cake ALTERNATIVE Stuffed shells/marinara sauce	27 Chicken parmesan/tomato sauce Penne pasta Garden salad/dressing Snack loaf Fresh fruit ALTERNATIVE Caribbean baked fish/	28 Roasted pork/gravy Brown rice & beans Stewed tomatoes WW bread Pudding ALTERNATIVE Whole grain cheese pizza
31 Chicken & broccoli alfredo Penne pasta Capri blend vegetables Italian bread Chilled pineapple ALTERNATIVE 3-bean chili/shredded cheese	MARCH IS NATIONAL NUTRITION MONTH	ALL MEALS SERVED W/ BREAD AND 1% MILK	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Requested Donation is \$2.00 per meal

SENIOR CENTER ACTIVITIES • MARCH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO (NEW TIME)	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	11:15-12:15 COMPUTER CLASS #2
	12:30-2:30 CRIBBAGE	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	1:00-2:45 POKENO	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO (NEW TIME)
	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER		
	2:00-3:00 GAMERS GROUP			

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Cathy Osmer in admissions for more information.



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CASINO TRIPS

Departs from Lynn
Senior Center

Foxwoods \$27

7 am - 6:30 pm
Thursday, March 20, 2014

Mohegan Sun \$27

Tuesday, April 15, 2014



Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip.
Sign up in person at the senior center. OR
Mail in your registration and check.

*Bonus package:
\$10 food coupon for retail food vendors
or free buffet
Plus \$10 bonus slot play added to your
rewards card on the bus before entering casino.
Remember to bring your rewards card!*



Casino Trips from Revere

Mohegan Sun \$25

10:00 a.m. - 8:30 p.m.

March 4th & 18th
April 1st & 15th
May 13th & 27th
June 10th & 24th

Twin River \$23

10:00 a.m. - 7:30 p.m.

March 13th & 27th
April 10th & 24th
May 8th & 22nd
June 5th & 19th

Casino Trips from **REVERE!**
Now Express!! Straight run-
no stops!

Call Elaine at

**781-289-6144 for reservation,
questions, and pick up location/
parking.**

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Mar 5	Brigadoon	NR	1954	108 min
Mar 12	50 First Dates	PG-13	1999	99 min
Mar 19	Zoo Keeper	PG-13	2011	102 min
Mar 26	To Sir, With Love	NR	1966	105 min



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



COMPUTER CLASS NOTICE



Classes are limited to 8 students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Fridays**. Each series is **five weeks** long and costs **\$50**. Pre-paid registrations hold your seat. Either sign up in person

at the center or mail your check to:

LCOA, 8 Silsbee Street, Lynn, MA 01901.

Expect a phone call confirming your registration.

Questions?? Call Mayra 781-586-8546

COMPUTER CLASS DESCRIPTIONS:

Introduction to Computers & Windows 7, Class #1

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing.

10:00 a.m. – 11:00 a.m.

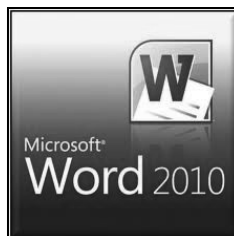
Next class: April 4th, April 11th, April 18th, April 25th, May 2nd

Introduction to Computers & Windows 7, Class #2

This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth.

11:15 a.m. – 12:15 p.m.

Next class: April 4th, April 11th, April 18th, April 25th, May 2nd



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Place Your Ad

Wellness Watch March 2014

GO GREEN WITH GREENS

Green is a popular color in March. Try to make it popular on your plate! Green vegetables are an excellent source of vitamins, minerals and fiber and are low in calories and carbohydrates. Most greens are a good source of beta carotene (a form of vitamin A) and vitamin C, folate (a B-vitamin), vitamin K and such minerals as iron, potassium and calcium. Some also provide omega-3 fatty acids, which lower the risk of heart disease and phytochemicals, which are anti-oxidants. Examples of the most nutritious green vegetables are broccoli, cabbage, bok choy, romaine lettuce, brussel sprouts, chicory, kale, spinach, swiss chard and collard, dandelion, mustard and beet greens. Try the recipe below for a flavorful treat!

Curried broccoli couscous

2 TBS. olive oil
1-1/2c. chopped broccoli
1 tsp. curry powder
1 c. canned chickpeas, rinsed
1/3c. golden raisins
Salt (optional)
3/4c. couscous



1. In a large saucepan, heat oil over medium heat. Add broccoli and cook 2-3 minutes, stirring occasionally.

2. Add curry powder and stir to combine. Stir in chickpeas, raisins, 1 c. water and 1/2 tsp. salt if desired.

3. Stir in couscous, cover and remove from heat. Let sit 5 minutes, then fluff with fork.

What is the Circuit Breaker Tax Credit?

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. Even though the credit is based on property taxes, the state government, not the city or town, pays the credit.

The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25% of their rent as real estate tax payments.

You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file otherwise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the difference. The maximum credit for tax year 2013 is \$1,030. (The maximum credit for tax year 2012 was \$1000.)

Am I eligible?

The Circuit Breaker Tax Credit is for low and moderate income seniors whose real estate tax payments* are greater than 10% of their income. Homeowners and renters can claim the credit.

*Renters can count 25% of the rent payments they made during the tax year as real estate tax payments.

To qualify:

- you or your spouse must be age 65 or older by the end of the tax year
 - if married, you must file jointly
 - you cannot be the dependent of another taxpayer
 - you must rent or own a home in Massachusetts that is your principal residence
 - if you are a homeowner, your property's assessed value cannot be greater than \$700,000 on January 1, 2013
 - if you are a renter, you cannot be getting a federal or state rent subsidy (such as Section 8), and your landlord must pay property taxes
 - you must meet the income limits
- the amount you paid for real estate taxes must be greater than 10% of your total income

Cleaning House

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 C G S G A R B A G E I H S I L O P F N G E R M S
 I N N N P G N X C C I W C K T R A O I B D F Y L
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 E P O R T I U R Y D B O U M B M Z I P C I R W I
 H S E R F T A E N N W P B U L M S I S F W N A F
 C S A A T S H I N E T U B U L O S E N I P I T E
 O S U E E U W X S W C B I C T N R E T A W T U R
 H W R R R D P U P K L Q N A P I C K I N G U P I
 M O O R B G O V E E D O G V C A R P E T S R A S
 Z F I L T H Y T S U I A Q H U F O R O S I E O G

dusting	windows	fresh	paper towels
sweeping	vacuum	fix	broom
mopping	carpets	bubbles	water
Swiffer	put away	sponge	garbage
rags	laundry	brush	rearrange
scrubbing	wax	clean	debris
Windex	wipe	spring	neat
chemicals	bucket	arrange	tidy
ammonia	trash	germs	organization
polish	Pine-Sol	antibacterial	apron
furniture	filthy	soap	housework
picking up	grease	refill	
declutter	shine	Magic Eraser	



St. Patrick's Day Celebration



Traditional Corned Beef Dinner - \$2 please

Live entertainment by the Blue Notes

Lunch starts at 10:45 am

Music starts at 11:30 am

Penny Sale!

March 6th

12 pm – 1pm

Sponsored by the Friends of LCOA

~Accepting new items for the tables~

Pull Tab Collection Program- Keep them coming!

Funds generated from the aluminum pull tab program are used to transport children and their parent or guardian free of charge to a Shriner's Hospital for Children where there's specialized care for orthopedic conditions, burns, spinal cord injuries and cleft lip and palate. Last year, Aleppo Shriner's of Wilmington, MA raised over \$310,000 to this cause. The collection bottle is located at the far end of the senior center before the rest rooms.

Books!



Our library is looking light. Do you have books hanging around that you've already read and someone else might enjoy? We'll take them for our library. Drop them off at the senior center and we'll put them in our library.



Notice:

All Volunteers must complete an updated CORI.

If you haven't received a form in the mail, see us!

IN LOVING MEMORY

Thank you for your donation.

~Sophie Karampoulis

In loving memory of Dr. Thelma Berger

~Dr. Harvey Berger

In loving memory of Win Legrow
& Pauline Stickney

~Grace & Mary Ishkanian

Thank you for your donation.

~Rosemary Gambale

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLOSS CLINIC

March 4th
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

March 11th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

March 25th
9:00 am—11:00 am
New! Appointments now required - Call

PODIATRIST

March 6th & March 27th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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